

KNOWLEDGE

Which is the safer method to move an object?

- ✓ Push
- Pull

Material Handling, slide # 18

If you wear a back belt you can lift more weight than you could without a belt.

- True
- ✓ False

Material Handling, homework

Methods to reduce the potential for ergonomic-related injuries include:

- ✓ Adjust the height of the work surface
- ✓ Pace the work flow
- ✓ Train employees in proper lifting techniques
- Provide employees with back belts
- ✓ Use mechanical lifts

Material Handling, slide # 2

All of the following will help you avoid back injuries when lifting except:

- Sharing the load with another person
- Bending your knees [and using your legs to help]
- ✓ Leaning forward and reaching
- Avoiding twisting [while holding the load]

Material Handling, slide # 16

The safe lifting zone is:

- Between the floor and your knees
- ✓ Between your mid-chest and your upper thigh
- Above your head
- At arms' length from your body

Material Handling, slide # 11

Coolants and cutting oils may cause which of the following health problems?

- Kidney and liver disease
- Nerve and liver injury
- Skin rash and liver disease
- ✓ Skin rash and lung problems

